



Restoring Health Naturally



Peace Above The Storm

Managing the Stresses of Life

Biblical Responses to Stress

Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time:

⁷ Casting **all** your care upon him; for he careth for you.

– 1 Peter 5:6, 7



Responding with Prayer

Then Daniel went to his house, and made the thing known to Hananiah, Mishael, and Azariah, his companions:

¹⁸ **That they would desire mercies of the God of heaven concerning this secret;** that Daniel and his fellows should not perish with the rest of the wise *men* of Babylon.
¹⁹ Then was the secret revealed unto Daniel in a night vision. Then Daniel blessed the God of heaven.



Responding with Prayer

Daniel answered and said,
Blessed be the name of God for
ever and ever: for wisdom and
might are his:

²¹ And he changeth the times and
the seasons: he removeth kings,
and setteth up kings: he giveth
wisdom unto the wise, and
knowledge to them that know
understanding:



Responding with Prayer

He revealeth the deep and secret things: he knoweth what *is* in the darkness, and the light dwelleth with him.

²³ I thank thee, and praise thee, O thou God of my fathers, who hast given me wisdom and might, and hast made known unto me now what we desired of thee: for thou hast *now* made known unto us the king's matter.

– Daniel 2:17-23



Responding with Rejoicing

...and when they had called the apostles, and beaten *them*, they commanded that they should not speak in the name of Jesus, and let them go.

⁴¹ And they departed from the presence of the council, **rejoicing** that they were counted worthy to suffer shame for his name.

⁴² And daily in the temple, and in every house, they ceased not to teach and preach Jesus Christ.

– Acts 5:40-42



Responding with Praise

And the multitude rose up together against them: and the magistrates rent off their clothes, and commanded to beat *them*.

²³ And when they had laid many stripes upon them, they cast *them* into prison, charging the jailor to keep them safely:

²⁴ Who, having received such a charge, thrust them into the inner prison, and made their feet fast in the stocks.



Responding with Praise

²⁵ And at midnight Paul and Silas prayed, and sang **praises** unto God: and the prisoners heard them.

²⁶ And suddenly there was a great earthquake, so that the foundations of the prison were shaken: and immediately all the doors were opened, and every one's bands were loosed.

– Acts 16:22-26



Responding with Faith

And, behold, a woman, which was diseased with an issue of blood twelve years, came behind *him*, and touched the hem of his garment:

²¹ For she said within herself, If I may but touch his garment, I shall be whole.

²² But Jesus turned him about, and when he saw her, he said, Daughter, be of good comfort; thy **faith** hath made thee whole. And the woman was made whole from that hour.

– Matthew 9:20-22



Biblical Responses

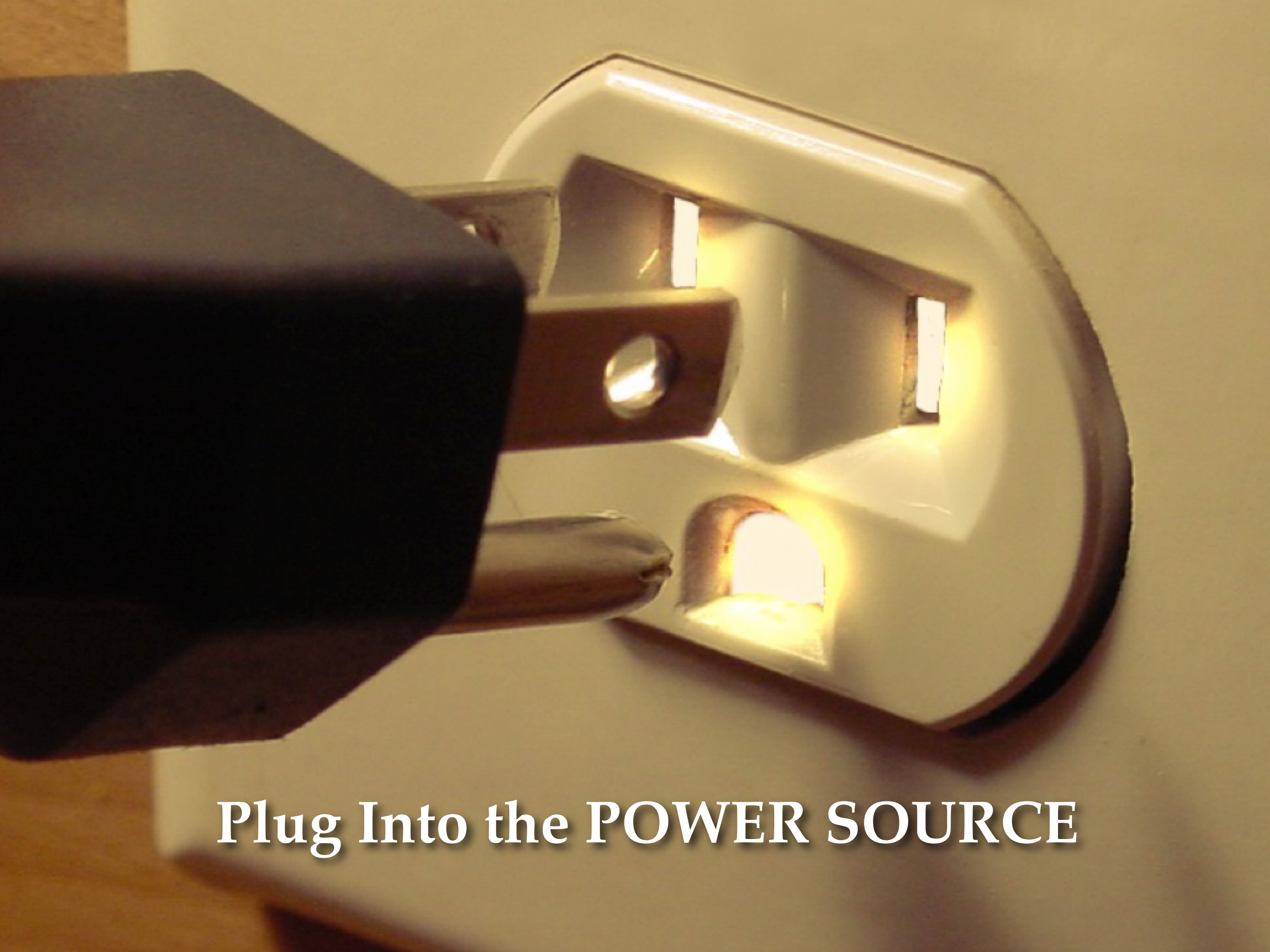
- Respond with Prayer
- Respond by Rejoicing
- Respond with Praise
- Respond with Faith



Planning for Success

- **NUTRITION**
- **EXERCISE**
- **WATER**
- **SUNLIGHT**
- **TEMPERANCE**
- **AIR**
- **REST**
- **TRUST IN GOD**





Plug Into the POWER SOURCE

Stay Connected

- Pray (Php. 4:6)
- Meditate (Ps. 119:97)
- Memorize (Ps. 119:11)
- Study (2Tim 2:15)
- Minister to other's needs with love. (Is. 58:7-8)



Trust In the Lord

...weeping may endure for a night, but joy *cometh* in the morning.

– Psalm 30:5

